

Universal Tao Class Descriptions

See Schedule for dates. Pre-registration is required 1 week prior to each class.

Introduction to the Universal Tao, A Free presentation about the Taoist Chi Kung/Meditation practices. Overview of practices and demonstration.

Microcosmic Orbit includes: Inner Smile, 6 Healing Sounds, Chi Self Massage and Microcosmic Orbit. These are the foundation level practices which are prerequisites for the other Universal Tao classes. Focus: sitting meditations; awaken to true self. Cost: \$100.

Iron Shirt I includes standing meditations to develop rooting, structure and the ability to ground energy in your body. Cost: \$70

Healing Love includes the Taoist practices related to transforming sexual energy into creative energy which can then be applied to other areas of our lives. Cost: \$70

Tao Yin is floor exercises and movements which help relax, open, and strengthen tendons, spine, and the psoas muscle. Cost: \$70

Tai Chi Chi Kung I includes a simple 13 step form based on the structural integrity learned in Iron Shirt I, applied to a moving form. Cost: \$70

Fusion of the Five Elements I is an advanced form of the Microcosmic Orbit. Focus is on transforming chi to a higher quality and circulating it through the body. Cost: \$70

Chi Nei Tsang I includes using our hands and meditations to facilitate healing in ourselves and others by direct application to the abdomen, including the major organs and body systems. 10 week class. Cost: \$350.

Weekly Group Meditation - is open to anyone who has taken a basic Microcosmic Orbit class from any Universal Tao instructor. Format of the class will evolve over time and input from those attending. The intention is to provide a place for people to practice together and integrate the various Universal Tao practices. Thursday evenings, 7-9pm. Call to let me know you will attend. Cost: \$40 per month/ \$10 per evening.

Clinic Services

Oriental Bodywork:

I practice several different styles, each of which has a particular focus or usage. Appointments are 75 mins. and cost \$70. Chi Nei Tsang is abdominal massage. Tui Na is a Chinese form of physical therapy. Chinese Pediatric Massage is useful of infants and children. (Pediatric appointments are \$55 first visit, \$40 for follow ups). Jin Shin Do Acupressure utilizes finger pressure instead of acupuncture needles on points all over the body.

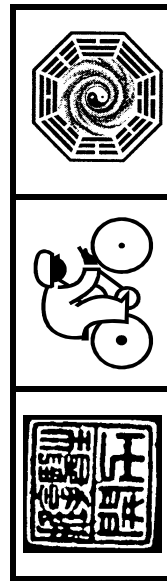
Chinese Herbology:

Chinese herbs may be used for a wide variety of conditions from the common cold to more chronic ailments such as headaches, PMS, and digestive difficulties. Consultation charge based on \$70/hr. plus cost of herbs.

Consultations:

Feng Shui - is about the energy of place; particularly homes and businesses. A consultation provides an energetic chart to assist with design and room usage. Cost: \$70/hr. \$140-280 depending on site. Chinese Dietary Therapy - utilizes food to help achieve an energetic balance in the body. A consultation will provide individual information on how you may use food more positively for your health. Consultation charge based on \$70/hr.

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Personal Chi Profile - looks at the energetics of your birth time for general health and personality patterns. May also be used to compare with the energetics of specific years, months, or days. Eight page printed report is \$30. Personal consultation based on \$70/hr.

Clinic Information:

Appointment Days: Tuesday, Wednesday, Friday, Saturday.

Phone Calls: Easiest to reach me directly and most messages returned between 12:15 - 2pm.

Cancellation Policy: More than 24hrs. -no charge; less than 24 hrs.- 50%; no notification (no show) 100%.

Winter, 2007



The Well



(I Ching) drawing on deep sources of nourishment

Volume 17, Issue 1

Greetings!

I hope this finds you warm, dry, and full of light. It may not be like that outside, but we can definitely cultivate those qualities inside. Winter is a perfect season for turning our attention inwardly, take inventory of what is there, transform negative into positive, and generally start creating from the inside what we'd like to see on the outside.

What's that you say—But, how do I accomplish such a task? Of course, from me, the answer is meditation and chi kung practice, which coincidentally, there's a class schedule for the next few months inside.

In the spirit of practicing what I preach, I'll be taking time off in February to refresh, rejuvenate, and do that inner cultivation during my personal retreat; details below.

And for this season, as always.....

Cheers!

Kyle Cline, LMT

February Absence

I am currently making plans for my annual meditation retreat and will tentatively be gone Jan. 29– Mar. 1. I have found it to be immensely rewarding for both personal and professional reasons.

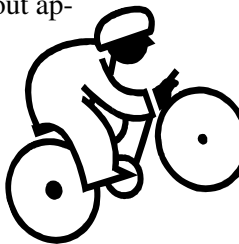
Since I will be gone for awhile, it would be wise to stock up on any regular herbal formula that you may need during this month. If you take a constitutional formula, make sure to have enough to last through March 1. Also, be sure to have enough cold, cough, flu, sinus, formulas on hand, just in case.

Rick Detroye, an acupuncturist and herbalist, will cover my herbal practice while I am away. If you have need of a formula or refill while I am gone, Rick will have access to your file and be able to help. He is located at NE Sandy and 20th and his phone number is **503-484-3513**. Rick is also available for acupuncture treatments.

Approach & Chinese Herbs

How we approach things can be very important. By approach I include intention, attention, awareness, expectations, and assumptions. The word approach helps me tune into these aspects in a very subtle way, as if I were physically approaching a wary dog, skittish cat, or lost child. A poor approach can be detrimental in those situations.

I'm reminded of a lesson I learned about approach while in Shanghai, biking through the city along with, literally, thousands of bicyclists. For the first month I found myself getting increasingly angry with the Chinese and was almost in two very serious accidents. Then it dawned on me that I was approaching riding a bicycle in Shanghai as if I was still in Portland. As soon as I started riding as if I were Chinese, everything went smoothly.



I am learning more about how approach influences our lives. In this article I will explore how approach influences our use of Chinese herbs.

People approach Chinese herbs according to their understanding of health, medicine, and healing. For most of us, this is heavily influenced by assumptions accumulated during our lives through common experiences in the medical system. Most of our approach is conditioned by these experiences, which we unknowingly bring to a very different context with Chinese herbs. Here are a few general observations about some of these conditioned assumptions.

The Silver Bullet. This is a dominant feature of the Western drug approach that isolates one cause and introduces an antagonist chemical as treatment. The early success of this approach led to a continual search for that 'silver bullet' which spilled over into all aspects of our culture, look-

(Continued on page 2)

ing for that one thing to turn things around, whether that one thing is a drug, herb, food, exercise, relationship, spiritual path, etc.

Equal Effectiveness. The assumption is that a drug that is 'successful' for treating a condition will do so equally well for everybody. The focus is on the relationship between the drug and the cause of the condition. The simplicity of this approach is very pervasive, but it doesn't allow much room for the amazing diversity that exists among people.

Complex & Technical. Because of the complex development of the Western technical sciences, like chemistry, it is difficult, if not impossible, for people to understand the diagnostic and treatment information for a condition. Within the medical profession this results in multiple layers of specialists who know a very limited area well. Over generations, this has led to technical specialists becoming the key decision makers.

Wait to Intervene. This makes most sense if treatments have large risks, side effects, and invasiveness to preclude them being used in mild or uncertain situations. Unfortunately this can result in many of us not responding to early symptoms, when they may be most easily remedied.

Anything Else is Not Valid. Over generations, a combination of all the above results in a general assumption that anything that doesn't fit these conditions can't be valid, useful or true. Because of the entrenched research process, anything that doesn't meet the above requirements is not likely to get the attention or dollars needed to 'prove' effectiveness.

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Like most assumptions, the above examples may have never been verbalized, and yet we've been exposed to and absorbed them our entire lives. They form the context with which we approach health and disease, healing and treatment.

I want to state clearly that the above assumptions are not inherently wrong, but they may not be appropriate when applied to a very different healing modality, like Chinese herbs. Much like my bicycle riding approach was useful in Portland, but created problems in Shanghai.

The problems I see with using the standard Western approach to Chinese herbs is that it limits effectiveness. For example, it is not useful to just substitute a single herb for a pharmaceutical and expect the same results. Here are some general, deeper values of Chinese herbs

that can be lost with a Western approach.

Personalized Formula. One of the strongest elements of Chinese herbology is the ability to create a combination of herbs which reflects the individual, not the symptom or disease. This is very different from putting all people with similar symptoms in a category that is then treated by a single drug. A personalized formula offers the ability to account for many more variables that may more accurately reflect the whole person.

Formulas Change. Another strength of Chinese herbology is the ability to change the formula over time. Rather than one ingredient for a condition, a formula may include four to twenty ingredients. Over time these may be changed depending on effectiveness and changing symptoms. Formulas may also be changed as the individual changes. Again, the focus is on adjusting the herbs to match the person, rather than make the person fit a category.

Early Use. Because there are few, if any, side effects and very little invasiveness, there is no need to wait for a deteriorated condition to intervene. In fact, the effectiveness of herbs is, generally, highly dependent on getting started earlier rather than later in the process. For example, with a common cold, herbs are more effective taken preventatively, or on exposure, or on first subtle symptom, rather than waiting until a person can't work and has a whole list of symptoms.

Herbs as Food. Some very effective herbs are common foods: garlic, cinnamon, licorice, ginger. Many herbs are common to the Chinese diet, but are little known in the U.S., except as medicine. I consider this a powerful aspect, as many ingredients for healing are so well known that they are integrated into daily diet without the need for highly trained and technical professionals.

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It is curious that even with extensive training and enthusiasm for Chinese herbs, I still find my mind can be influenced by an accumulated Western approach. I want to reiterate that it is NOT that the Western mind approach is wrong, but recognize how it limits the natural effectiveness of Chinese herbs. It is just as true in the reverse, that drugs shouldn't be approached in the same manner as using herbs.

I can sense our culture is beginning to explore and understand when to utilize one form of health care or another. Bringing awareness to approach and those usually unconscious assumptions, helps me choose an appropriate option that leads to better harmony and balance.

Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

Appreciation & Gratitude

I would like to extend my appreciation and gratitude to everyone who has attended a meditation or chi kung class. I feel very fortunate for the opportunity to share these times together and learn from each other. I'm noticing a subtle shift in my approach to teaching. It seems less like I am imparting information and more like I help create a context that people can learn within. Every person in class contributes something to this context. And for that, I am grateful.

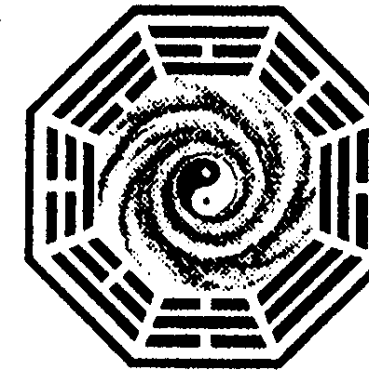
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Inspiration from Iron Shirt class:

Every forest branch moves differently in the breeze, but as they sway, they connect at the roots. Jalaladin Rumi

Fusion I Class

Fusion is a class for those who have spent some time practicing the Microcosmic Orbit and want to take that practice deeper. Fusion is a process of gathering chi from the organs (and elsewhere) and condensing that chi into a higher quantity and denser quality. Class will meet on Monday evenings in December. Please call to register. Cost: \$70.



Mantak Chia Portland Visit

I recently received notice that Mantak Chia is planning a Portland visit and class for June 22, 2007. It will be a three hour evening meditation with a remarkable Taoist master. More details will be in the next newsletter.

Tai Chi Chi Kung

One Day Retreat/Class Sat., Jan 20

This is a review class for anyone who has already taken Tai Chi Chi Kung. Come spend a day focused on improving your form, integrating iron shirt, and sharing a group tai chi experience. Cost: \$70

Monday Evening Class in March.

This class is for anyone interested in learning a short, relatively simple tai chi form with an emphasis on incorporating chi kung structure and internal practices. No pre-requisites. Cost: \$70, review \$35.

Winter Solstice Meditation Dec. 21, 7-9 pm

UNIVERSAL TAO WINTER 2007 CLASS SCHEDULE

See class descriptions on back page
(schedule subject to change. Call 503-222-1416 to verify and register)

DECEMBER:

- 7 Weekly Meditation (cont'd 14, 21, 28)
- 4 **Fusion I Class** (cont'd 11, 18, & TBA)
- 21 Winter Solstice Meditation

JANUARY

- 4 Weekly Meditation (cont'd 11, 18, 25)
- 8 **Tao Yin Evening Class** (cont'd 15, 22, 29)
- 20 **Tai Chi Chi Kung One Day Retreat**

FEBRUARY:

On Retreat - No Classes

MARCH:

- 1 Weekly Meditation (cont'd 8, 15, 22, 29)
- 5 **Tai Chi Chi Kung I** (cont'd 12, 19, 26)
- 22 Spring Equinox Meditation

APRIL:

- 2 **Microcosmic Orbit Evening Class** (cont'd 9, 16, 23, 30 May 7, 14, 21)
- 5 Weekly Meditation (cont'd 12, 19, 26)